

VT MUNCH TIMES

Coming to a Tray near You!

VT Munch Times is a biweekly newsletter brought to you by the Child Nutrition Team at Vermont Agency of Education, designed to include a USDA Policy update, a fun nutrition fact and up-to-date resources for the coming weeks. Look for these updates every other Thursday!

Munch on this:

Policy Update: Wellness Policy Updates

The Healthy, Hunger-Free Kids Act of 2010 expands the scope of local school wellness policies; brings in additional stakeholders in its development, implementation and review; and requires public updates on the content and implementation of the wellness policies.

The intent is to strengthen local school wellness policies so they become *useful tools* in evaluating, establishing, and maintaining healthy school environments, and to make clear to the public (including parents, students, and others in the community) about the content and implementation of local school wellness policies.

For School Year 2013-2014, local educational agencies are encouraged to continue reviewing and assessing their local wellness policies and implementing the new requirements.

For more detailed information on the requirements and useful resources, follow these links:

- <http://www.fns.usda.gov/tn/local-school-wellness-policy>
- <http://www.fns.usda.gov/tn/local-school-wellness-policy-requirements>
- <http://www.fns.usda.gov/sites/default/files/lwpoverview.pdf>
- <http://www.cdc.gov/healthyyouth/npao/wellness.htm>

Nutrition News: Leave the extra salt for the icy roads

Sodium helps the body maintain proper fluid balance, blood pressure, and blood volume. It also plays a role in proper muscle and nerve function. And the typical American diet is riddled with sodium, from naturally occurring kind in milk and vegetables, to excessively added varieties in fast and processed foods. Sodium works closely with potassium, and our bodies operate best when the two minerals are in proper balance, meaning most of us need to increase potassium while decreasing sodium. Tossing the salt shakers, cooking with other seasonings, and preparing whole, fresh foods rather than pre-made, processed foods are ways to help balance the sodium level in the body.

Events & Resources:

Vermont Jr. Iron Chef: Save the Date and Register

When: Saturday, March 22, 2014

Where: the Champlain Valley Exposition Center in Essex Junction

To Register: <http://www.jrironchefvt.org/>; *registration ends January 15, 2014*

Some changes have been made to the event this year so please read the updated rules & guidelines carefully before registering. Questions can be directed to info@jrironchefvt.org, or (802) 434-4122 x40.

Save the Date! Tri-State Child Nutrition Conference

When: April 10, 2014

Where: Killington Resort, Vermont

Child Nutrition Programs of Maine, New Hampshire and Vermont are teaming together to present a day long training event with some Child Nutrition Programs experts. The day-long conference will include three sessions of workshops as well as a keynote presentation by Scott Noyes. Workshop sessions will cover School Nutrition, Child & Adult Care, FFVP, Summer Food Service Program, USDA Foods and more. More information to follow.

USDA Foods Further Processing Trainings and Vermont's first-ever USDA Foods Show

The USDA Foods Program will allow schools and recipient agencies who attend one of the following trainings to divert some of their USDA Foods for further processing next year.

Bristol: January 13, 2014, 3:00 pm - 5:00 pm, Mt. Abraham Union Middle/High School

Montpelier: January 23, 2014, 1:00 pm - 3:00 pm, Capitol Plaza Hotel (followed by the USDA Foods Show, from 3:00 – 5:00 pm)

After the January 23 further processing class in Montpelier, we will be holding Vermont's first-ever USDA Foods Show, where food service managers can see and sample lots of different products that they could get with USDA Foods entitlement dollars through further processing, and vote on which manufacturers they want us to work with next year. In addition, they'll be able to sample new USDA Foods direct delivery ("brown box") products, and get more information on USDA Foods options for next year.

To learn more and to sign up for these trainings and/or the USDA Foods show, please click [here](#).

Farm-To-School Professional Development Course for Educators

Register now! Farm to School Curriculum Connections is a level II course being offered by VT FEED in partnership with Food Connects and Upper Valley Farm to School. The course will be run simultaneously in two locations--Sharon and Brattleboro--on select Tuesdays and Thursdays from 4:30 to 7:30 PM starting in January. The cost is \$400 (or \$515 with graduate credit).

Learn more and register at www.uvfts.org/pd

Contact: Kaitlin Haskins of Upper Valley Farm to School at kaitlin@uvfts.org or 269-217-5338

New School Cuisine Cookbook

Our latest resource to help schools meet the new USDA meals pattern and use fresh and local products in school meals.

Available online! http://education.vermont.gov/documents/EDU-New_School_Cuisine_Cookbook.pdf

Serving Up a School Culture of Health, Wellness, and Nutrition

Promising Practices that provide lessons learned and recommendations for how to create a school culture that values the important role healthy food, nutrition education and physical activity play in education.

http://education.vermont.gov/documents/EDU-School_Nutrition_Serving_Up_School_Culture.pdf

Food Allergies Resource and Guidance

The CDC published a comprehensive manual on “Voluntary Guidelines to Manage Food Allergies in Schools and Early Childhood Care and Education Programs” and can be found at

<http://www.cdc.gov/healthyyouth/foodallergies/>. It provides excellent information on procedures and practices to manage food allergies in programs that service children.

Harvest of the Month by [Green Mountain Farm-to-School](#) and [Food Connects](#):

January's *Harvest of the Month* is beets & rutabagas! Beets and rutabagas are fleshy roots that store well in the winter. Beets come in an array of colors, from golden yellow and deep purple, to red and white striped. These roots can be eaten raw or cooked: grate them for a fresh salad, or glaze them with a balsamic-honey blend and roast.

Posters, recipes, kid-friendly eating tips, lesson plans and more can be found for FREE download at www.VermontHarvestoftheMonth.org.

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Disclaimer: *VT Munch Times* provides general information to assist Vermont sponsors of the U.S. Department of Agriculture (USDA) Child Nutrition Programs. It does not represent all federal and state requirements and regulations regarding the operation of USDA school nutrition programs. The inclusion of links to external Web sites does not constitute an endorsement by the Vermont State Agency of Education to the information, products, services or opinions contained therein

VT Munch Times is [archived](#) on the Agency of Education website. For information which is three months or older, or for other questions, please contact Dani Bois, Child Nutrition Consultant, at (802) 828-0618 or dani.bois@state.vt.us.

Vermont Agency of Education | 120 State Street | Montpelier, VT 05620-2501

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